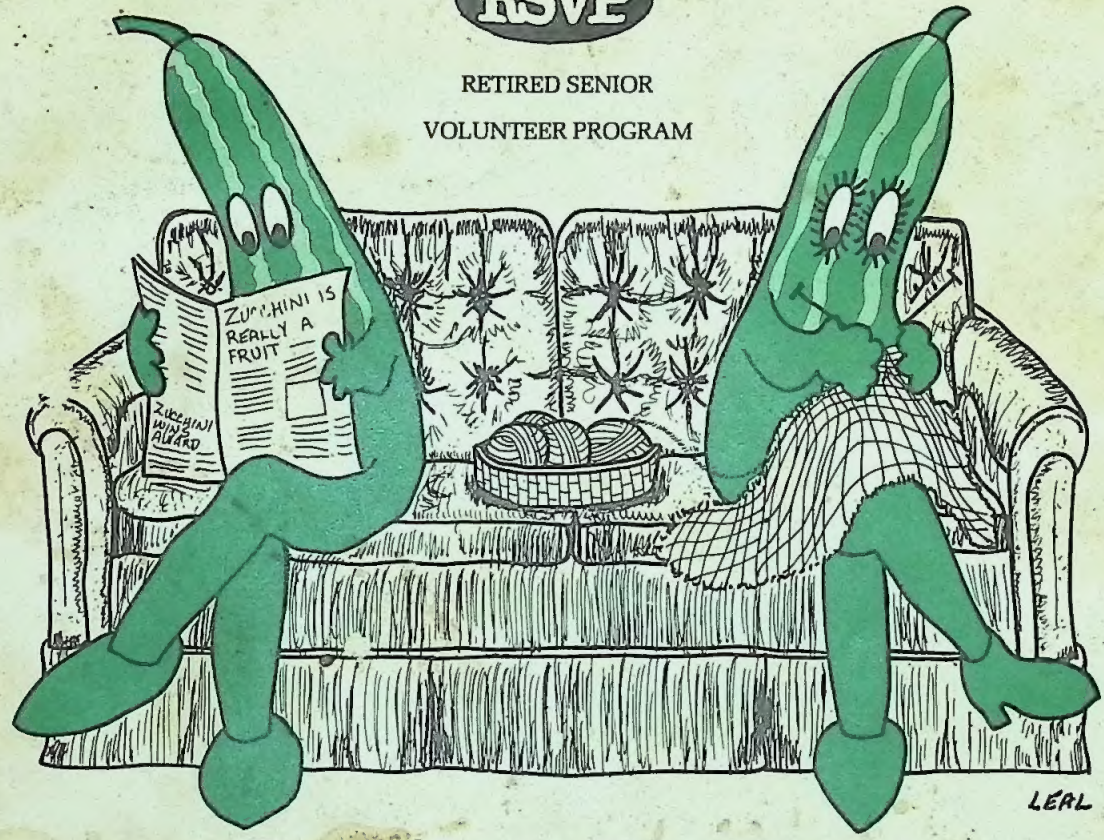
RSVP

RETIRED SENIOR

VOLUNTEER PROGRAM

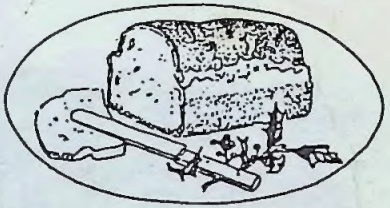


Zucchini Cookbook

Breads

Zucchini Nut Bread

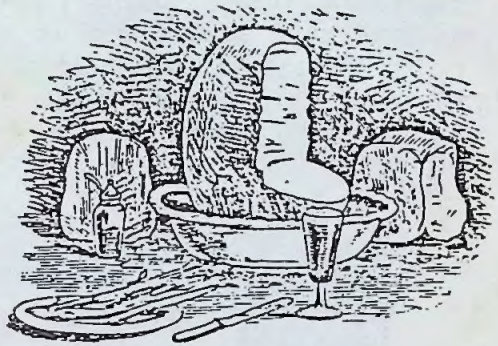
3 eggs
1 cup veg. oil
1 cup granulated sugar
1/3 cup unsulphured molasses
2 tsp. vanilla
2 cups all-purpose flour, unsifted
½ cup whole wheat flour
1 tsp. salt
1 tsp. soda
½ tsp. baking powder
2 tsp. cinnamon
2 cups shredded zucchini
1 cup raisins
1 cup chopped nuts



Preheat oven to 350 degrees. Shred zucchini. Drain while preparing batter. Beat eggs to blend - add oil, sugar, molasses and vanilla. Continue beating until thick and foamy. Combine dry ingredients and add to egg mixture. Stir just until blended. Add zucchini, raisins and nuts; mix gently. Divide batter into two greased and floured 5 x 9 loaf pans. Bake 350 for 1 hour.

Dark Zucchini Bread

3 whole eggs
1 cup vegetable oil
2 cups brown sugar
3 tsp. vanilla
3 cups grated zucchini
1 tbsp. molasses
½ cup chopped nuts
4 cups flour
1 tsp. salt
1 tsp. soda
¼ tsp. baking powder
2 tsp. cinnamon
1 tsp. pumpkin pie spice



Beat eggs; add oil and brown sugar; beat well. Add vanilla, zucchini, and molasses; beat. Mix dry ingredients; add nuts and beat well. Bake in greased and floured small loaf pans or in 3 oiled cans (size 2½ inch) at 350 for 1 hour. Cool in cans until bread will remove easily, then cool on rack. Note: To freeze, cool completely, return to cans; top with double layer of foil wrap, tie securely over top of can.

Zucchini Bread

3 eggs
½ cup vegetable oil
1½ cups sugar
2 cups grated and well drained zucchini
2 tsp. vanilla
2 cups sifted all purpose flour
2 tsp. baking soda
¼ tsp. baking powder
3 tsp. ground cinnamon
1 tsp. salt
1 cup raisins
1 cup chopped walnuts

Beat eggs lightly in a large bowl. Stir in oil, sugar, zucchini, and vanilla. Sift flour, baking powder, baking soda, cinnamon and salt.

Stir into egg mixture until well blended; stir in raisins and nuts. Spoon batter into 2 well greased and floured (8x5x3) loaf pans. Bake 375 - 1 hour.

Zucchini Kuchen

1 egg, plus 2/3 cup water
2 Tables. grated onion
2¼ cup biscuit mix
1 medium zucchini
Mayonaise
Poppy Seeds

Break egg into measuring cup and add water to fill to 2/3 cup. Add to onion and biscuit mix; stir with fork. Turn out, knead lightly, and pat into oiled 9" round pan. Slice zucchini in 3/8" rounds; arrange slices overlapping top of dough. Spread top thickly with mayonnaise. Sprinkle with poppy seeds. Bake at 425 for 25 to 30 min.

(Serves6)

Zucchini Bread

2 cups raw finely chopped zucchini
1 cup liquid shortening
2 cups sugar
3 eggs
3 tsp. vanilla
3 cups flour
¼ tsp. baking powder
1 tsp. baking soda
1 tsp. salt
3 tsp. cinnamon
½ cup raisins or nuts

Beat together first 5 ingredients until smooth, sift dry ingredients and add to liquid mixture. Add raisins or nuts. Bake 325 for 1 hour.

(Yield: 3 small loaves or 2 regular loaves)

Good

Chocolate Zucchini Cake

½ cup soft margarine
½ cup vegetable oil
1 3/4 cups sugar
2 eggs
1 tsp. vanilla
½ cup sour milk
2 ½ cups unsifted flour
½ tsp. baking powder
½ tsp. cinnamon
4 tbsp. cocoa
½ tsp. cloves
1 tsp. baking soda
2 cups grated zucchini
1 cup chocolate chips (sm.bag)

Cream margarine, oil and sugar. Add milk, eggs and vanilla. Mix well with mixer. Mix dry ingredients together; add to other mixture. Stir in zucchini. Put in greased and floured pan (9 x 13). Spread choclate chips on top. Bake at 350 for 45 minutes to 1 hour. (Note: 1½ tsp. lemon juice sours ½ cup milk)

Zucchini Brownies

½ cup shortening
½ cup finely chopped zucchini
½ tsp. baking soda
½ cup cocoa
2 eggs
1½ cup sugar
½ cup walnuts
1 cup flour
½ tsp. baking powder
1/8 tsp. salt
1 tsp. vanilla

Mix shortening, add cocoa, add beaten eggs, sugar, and beat. Add zucchini and beat again. Add flour, baking soda and baking powder and beat. Pour into greased and floured brownie sheet. Bake for 25 min. in 350 oven.

Coffee Bars

½ cup flour
1 tsp. baking powder
½ tsp. salt
3/4 cup sugar
½ cup chopped nuts
1 egg
1 tble. instant coffee (dissolved in 1 tsp. hot water)
1 cup peeled and diced zucchini

Mix together dry ingredients. Add egg, coffee and zucchini; mix well. Stir in chopped nuts. Spread in greased and floured 8 x 8 inch pan. Bake at 350 for 25 min., cut into bars when cool.

Molasses Cake

1 egg (beaten)
1/3 cup sugar
½ cup molasses
¼ cup shortening
½ cup chopped nuts
2 cups unsifted flour
1 tsp. salt
1 tsp. soda
3/4 tsp. baking powder
1-½ tsp. dry lemon peel
2/3 cup* sour milk
2 cups finely diced zucchini

Mix egg, sugar, molasses, and shortening; add nuts. Mix together dry ingredients and lemon peel; add alternately with sour milk. Stir in chopped zucchini. Bake in greased and floured 9 x 13 " pan at 350 for 35 to 40 min. (moist cake, good with whipped cream or sweetened cream cheese frosting)

*to make sour milk, add 1 tsp. lemon juice to ½ cup whole milk or skim milk. Let stand 5 minutes.

Desserts

Cinnamon Zucchini Brownies

1/3 cup softened margarine
1 cup firm. packed brown sugar
1 egg whole
1½ tsp. vanilla
1 cup unsifted flour
1½ tsp. cinnamon
¼ tsp. baking powder
½ tsp. salt
¼ tsp. nutmeg
1 cup chopped zucchini
½ cup nuts

Mix margarine and brown sugar; beat until fluffy. Add egg and vanilla; beat well. Add mixed dry ingredients and stir. Add zucchini and nuts; Mix. Bake in greased and floured 9 x 9" pan at 350 degrees for 25-30 minutes. Cool in pan. Cut into bars.

Zucchini Cake

3 cups grated zucchini (drained)
3 cups sugar
1 cup nuts
1 cup corn oil
1½ tsp. cinnamon
4 eggs
2 tsp. baking powder
3 cups flour
1 tsp. baking soda
1 tsp. salt

Grease and flour 14 x 10" pan. Mix squash, sugar, oil and eggs. Combine dry ingredients and mix. Bake 1½ hrs. at 300 degrees.

Frosting

1 3 oz. pkg. cream cheese,
2 cups confect. sugar
¼ lb. butter
1 tsp. vanilla

Pancakes

1 egg
½ cup flour (unsifted)
1/8 tsp. salt
1 tsp. sugar
1 cup zucchini (grated)

Beat egg well. Mix flour, salt and sugar, and sift over zucchini, and fold into egg. Drop from tablespoon on greased griddle; flaten with back of spoon. Cook until golden brown; turn and brown other side. Cook until done. Good with honey or syrup.

Honey Cake

½ cup softened margarine
1 tsp. vanilla
2 eggs
2/3 cup honey
½ cup water
1 3/4 cups unsifted flour
1 tsp. baking soda
½ tsp. baking powder
½ tsp. salt
1 cup finely diced zucchini
½ cup chopped nuts or ground sunflower seeds

Combine margarine, vanilla, eggs, and honey; beat. Then beat in water. Add dry ingredients; mix well. Stir in zucchini and nuts. Bake at 350 in greased and floured 13 x 9 x 2" pan for 25 to 30 min., or until cake tests done. (good with sweetened cream cheese or fruit)

Muffins

2 cups flour
3/4 tsp. salt
2 tsp. baking powder
3 tbles. sugar
1/8 tsp. ground mace
2 tbles. butter or marg.
1 cup finely chopped zucchini
1 whole egg
½ cup milk
½ tsp. cinnamon
1 tbls. sugar

Mix dry ingredients. Cut in butter with fork or blender. Add zucchini. Mix. Add eggs, beaten lightly with milk. Spoon into greased muffin tins. Mix cinnamon and sugar, and sprinkle on top of muffin batter. Bake at 400 degrees about 20 min.

Zucchini Quiche

Grate two small zucchini, skin and all, sprinkle with 1 tsp. salt and place in a fine strainer to drain. Melt 2 tbsp. butter in a skillet and sautee ½ cup of scallions until they're tender. Spread the scallions over the bottoms of 2 partially baked pie crusts.

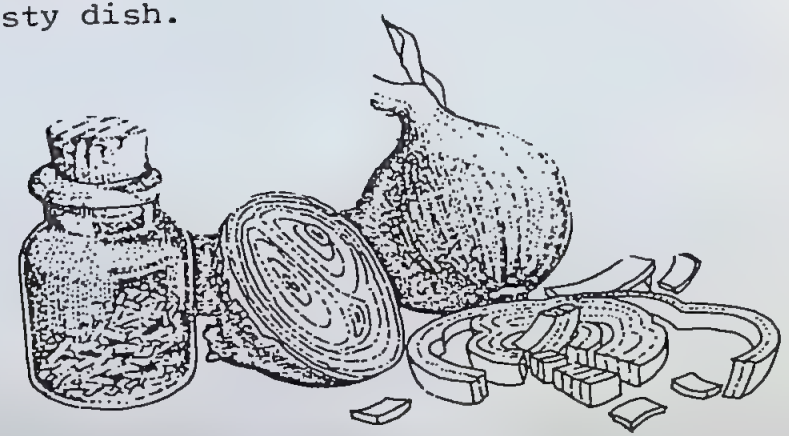
Mix 3 beaten eggs with 1 cup heavy cream. Press some water out of the zucchini and add it to the eggs and cream. Stir in ½ cup grated grugere cheese, chopped dill, parsley and a sprinkling of pepper.

Pour the mixture into the pie crusts and bake at 375 degrees for about 30 minutes. Bake the quiches on a cookie sheet and you won't have to worry about a messy overflow.

Cheese Topped Zucchini

Slice 3 medium zucchini in half lengthwise. In a large skillet, saute 1 medium onion until it's tender in just a small amount of oil. Add the zucchini halves cut side up, and sprinkle with salt, pepper and oregano.

Pour one cup of tomato sauce over the zucchini, cover, and cook at medium heat until it's just tender--about 10 minutes. Top the zucchini with sliced mozzarella cheese, sprinkle with oregano, and cook, covered, just until the cheese melts. Pass parmesan cheese with this tasty dish.



Zucchini Appetizers

3 cups thinly sliced unpared zucchini (or grated)
1 cup Bisquick baking mix
½ cup finely chopped onion
½ cup grated parmesan cheese
2 tablespoons snipped parsley
½ teaspoon sale & ½ teaspoon seasoned salt
½ teaspoon dried marjoram or oregano leaves
dash of pepper
1 clove garlic, finely chopped
½ cup vegetable oil
4 eggs, slightly beaten

Heat oven to 350 - grease pan 13x9x2. Mix all ingredients; spread in pan. Bake 25 minutes. Cut into pieces for 4 dozen appetizers.

Zucchini Fans

1 small zucchini
Salt and pepper
Flour
Chopped parsley

Allow to each person, 1 small zucchini. Parboil them in salted water. Drain and dry them. When cold, slice them lengthwise into 1/3 inch slices to within 1 inch of the stem. Press them gently to spread them like a fan. Sprinkle them with salt and pepper, flour, and chopped parsley. Saute them in hot butter or oil until delicately browned on both sides. Place them on a platter. Add lemon juice to the drippings and pour the sauce over them.

Zucchini Bake

7-8 small zucchini ¼" slices
1 cup water
8 slices diced bacon
1 lg. onion chopped
1 lg. garlic clove minced
4 slices white bread cubed
2 cups shredded Cheddar cheese
1 tsp. salt
1 tsp. Italian seasoning
1 can (10 oz.) tomato sauce
¼ cup Parmesan cheese

Layer above ingredients in baking dish and bake at 350 until tender. (about 45 minutes)

Fried Zucchini with Maple Syrup

1 medium zucchini
2 eggs
Breadcrumbs
Maple syrup

Cut zucchini lengthwise. Dip in beaten eggs and then dip in breadcrumbs. Fry in buttered pan. Serve with maple syrup. Serves two.

Zucchini Fritters

2 medium zucchini
1 cup all purpose flour
½ tsp. salt
1/8 tsp. black pepper
1 cup milk
1 large egg well beaten
1 tables. melted shortening
½ cup grated Italian cheese

Wash and peel zucchini, then cut into ¼ slices. Mix together flour, salt, pepper; add milk, egg, cheese and shortening. Beat until smooth. Dip zucchini slices in butter to coat well. Shake off excess batter. Heat 2 inches of oil to 350. Fry 3 or 4 slices at a time. Brown one side, turn to brown other. Drain on brown paper bag.

Easy Omelet

1 medium zucchini, sliced
½ small chopped onion
½ chopped green pepper
2 Tables. vegetable oil
1 potato, small, boiled and diced
4 eggs
Salt and Pepper

Saute zucchini, onion and green pepper in oil until barely tender. Add potato. Beat eggs lightly and season; pour over vegetables and cook slowly until firm. Turn out onto hot plate; cut in wedges.

A hearty brunch for Sunday Morning

(Serves 4)

Zucchini Casserole with Sour Cream

3 medium zucchini
¼ cup sour or sweet cream
1 tbles. butter
1 tbles. grated cheese
½ tsp. salt
1/8 tsp. paprika
1 tbles. lemon juice
1 beaten egg yolk
1 tbls. chopped chives
Bread crumbs
Grated cheese

Simmer zucchini, cut into small pieces,covered until tender, for about 6-8 minutes, in a small amount of boiling water. Shake the pan to keep them from sticking. Drain them well. Combine the next 5 ingredients. If sweet cream is used add lemon juice. Stir the mixture over a low flame until the cheese is melted. Remove it from the fire. Stir in egg and chives. Add the zucchini. Place the mixture in a baking dish. Cover the top with bread crumbs. Dot the top with butter. Sprinkle it with grated cheese. Brown in a moderate oven 375 or under a broiler. (Serves 4)

Casseroles

Stove top Casserole

4 cups sliced zucchini
3 tbles. vegetable oil
2 crushed garlic cloves
salt and pepper
1 16 oz. can heated spaghetti sauce
3/4 lb. thinly sliced mozzarella cheese
1 tsp. crushed oregano
¼ tsp. basil

In large skillet saute zucchini, 1 cup at a time, in 1 tablespoon oil with garlic. Cook until almost tender and a little brown, drain on paper towels. Pour off excess oil; then layer hot zucchini in skillet, season lightly with salt and pepper and spread each layer with some of hot spaghetti sauce and mozzarella cheese. Cover top layer with cheese and sprinkle with herbs. Cover and cook slowly until mixture is bubbly and cheese is melted.

(Serves 6)

Zucchini Italiano

2 cups canned tomatoes
2 tbsp. olive oil
1 clove garlic
1 tsp. parsley
1 pinch of basil
Salt and pepper to taste

Place olive oil in frying pan and saute garlic until brown. Add tomatoes and seasoning. Simmer gently, if too thick add a little water.

1 large zucchini
2 eggs
1 tbsp. grated Italian cheese added to flavored bread crumbs

Slice zucchini into medium sized pieces, dip in beaten eggs, then in bread crumbs, fry in oil until golden brown. After all zucchini is fried, pleace in baking dish, alternating layers of zucchini with sauce. Bake ½ hour at 350 uncovered.

Zucchini Milano

2 tables. butter
¼ cup chopped green pepper
1 tomato (cut in wedges)
4 cups sliced zucchini
¼ cup chopped onion
¼ tsp. oregano
1 cup (4 oz) shredded cheddar (1" thick)

In a large skillet melt butter. Add onion and green pepper and oregano. Saute till tender. Add zucchini, cover, cook over low heat about 45 min. or till tender. Stir in tomato over low heat, fold in cheese till melted. Make a day ahead.

(Serves 6)

Ratatouille Nicois

1 zucchini
1 eggplant
6 tomatoes
1 onion, chopped fine
1 clove garlic, chopped
½ cup grated Italian-type cheese
1 tables. chopped parsley
4 tables. oil
1 bay leaf
Salt and Pepper

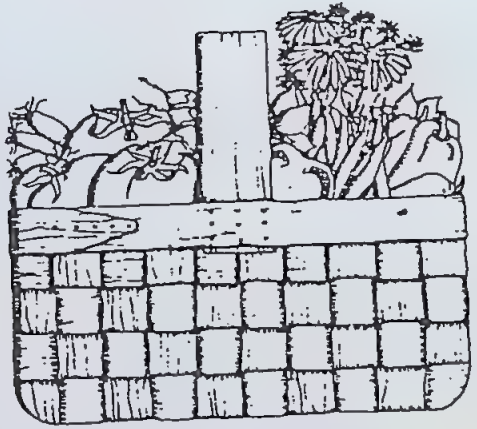
Peel eggplant, dice, cook 10 minutes in boiling water, and drain. Dice squash, pare if skin is tough, cook 10 minutes in boiling water, and drain. Peel tomatoes and cut in pieces.

Put oil in saucepan, brown onion, add other ingredients, except cheese, and cook until vegetables are tender (about 20 minutes). Taste and add more salt and pepper, if needed. Place in shallow baking dish, sprinkle with cheese and brown under the broiler.

Zucchini Casserole

3 or 4 small tender zucchini
1 cup thinly sliced onion
1 can Hunts Herb Sauce
1½ cup seasoned breadcrumbs

Saute onion. In casserole layer zucchini, onion, breadcrumbs and sauce. Bake at 350 for 45 minutes.



Squash Casserole

2 lbs. summer squash or zucchini
¼ cup chopped onion
1 can cream of mushroom soup
1 cup sour cream
1 cup shredded carrot
½ cup butter
18 oz. pkg. Pepperidge Farm Stuffing (not cubes)
Use judgement as to using part or all.

Cook squash and onion until just crisp. Drain. Combine soup and cream, stir in carrots, gently fold in squash and onion. Melt butter and add stuffing. Spread half stuffing in dish, spoon on mixture, top with stuffing. Heat 35-45 minutes, 350 degrees (till bubbly in center)

(Serves 12)

Cheesy Zucchini Casserole

3 cups grated zucchini
½ tsp. salt

Put in colander for ½ hr. Collect liquid. Squeeze out most of liquid.

Saute in butter 1 cup sliced onion; add drained zucchini and cook until tender. Add 3 tbles. flour and more butter. Cook 2 minutes. Add some zucchini liquid and 2 tables. milk. Add salt and pepper and 1/3 cup grated cheese and 3 tbles. parmesan.

Put in buttered casserole. Top with bread crumbs and cheese. To serve immediately, bake 20 minutes at 350. If cold, bake at 425 for 20-30 min.

Vegetable Soup

1½ lbs. soup meat
½ lb. cracked soup bone
1 chopped onion
½ tsp. powdered bay leaf
¼ tsp. ground pepper
Pinch clove
½ cup celery leaves
3 qts water
3 cups diced zucchini (2 cups peeled, 1 cup unpeeled)
1 cup sliced onions
1 cup diced carrots
1 cup chopped celery
1 cup diced potatoes
1 28 oz. can tomatoes
¼ cup soup mix grains
Salt and pepper to taste

Trim fat off soup meat; cut in 3/4 inch cubes, put soup meat, bones, onion, seasoning, and water in large soup pot. Bring to boi lower heat and simmer 4 hrs., covered. Remove soup bone; skim off fat. Add vegetables and cook 35-45 min. Season to taste. (Serves 6 to 8)

Meat Loaf

3 cups chopped zucchini
2 small chopped onions
2 tomatoes, chopped*
1 Tables. vegetable oil
1 Egg
1 Tables. Worcestershire Sauce
1 crushed garlic clove
1 tsp. salt
½ tsp. fresh ground pepper
½ tsp. sage
½ cup soft bread crumbs
1½ lbs. ground beef

Saute zucchini, onions, and tomatoes in oil; simmer until tender. Cool, drain, and mash. Beat eggs; stir in worcestershire sauce, garlic, seasonings, and mashed vegetables. Add bread crumbs and gound beef; mix well. Let stand at room temp. for ½ hour; then pack into oiled loaf pan, mound up top, and bake at 325 for 1½ hrs. Drain off excess fat. Let stand at room temp. for 15 min. before slicing.

*2 tomatoes (or 1 -- 7½ oz. can tomatoes drained)

Chicken Ratatouille

¼ cup oil
2 fryer-broilers skinned (skinned, boned, cut in 1" pieces)
2 small zucchini, unpared and sliced
1 small egg plant, peeled in 1" cubes
1 large onion, sliced
1 medium green pepper
1/2 lb. mushrooms
1 - 16 oz. can tomatos
2 tsp. garlic salt
1 tsp. sweet basil
1 tsp. parsley

Saute chicken pieces in oil, about 2 minutes on each side. Add zucchini, egg plant, onion, green peppers, and mushrooms. Cook, stirring carefully. Add spices; simmer 5 minutes or until chicken is done. Serve on large platter with mound of rice in center.

(Serves 4)

THE RETIRED SENIOR VOLUNTEER PROGRAM (RSVP) OFFERS OPPORTUNITIES FOR PERSONS 60 YEARS OF AGE AND OLDER TO USE THEIR TALENTS IN SERVICE TO THE COMMUNITY.

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